

## WHAT IS CLAIMED IS:

1. A sauna for vaporizing a liquid comprising:

5 a body having an exhaust area and a handle connected to said exhaust area, said handle for grasping the sauna;

a heater being in said body for changing a state of the liquid to a vapor, said vapor having a plurality of  
10 droplets with each of said plurality of droplets having an initial droplet size; and

a device being disposed in said body, said device for changing said initial droplet size of said plurality of  
15 droplets in said vapor exiting said exhaust area.

2. The sauna of claim 1, wherein said heater is selected from the group consisting of a resistive foil heater, an applied conductive slurry, a conductive ink  
20 heater, a heater wire, a positive temperature coefficient ceramic heater, and any combinations thereof.

3. The sauna of claim 1, wherein said device is a ionic generating device, said ionic generating device being  
25 located adjacent to said exhaust area, said ionic generating device reducing said initial droplet size of said plurality of droplets in said vapor exiting said exhaust area.

30 4. The sauna of claim 3, further comprising a first electrode and a second electrode.

5. The sauna of claim 1, wherein said exhaust area is connected to an exhaust manifold.

6. The sauna of claim 5, further comprising a plurality of electrodes, said plurality of electrodes being connected to an inner side of said exhaust manifold, one of said plurality of electrodes being positively charged and another one of said plurality of electrodes being negatively charged.

10

7. The sauna of claim 6, wherein said device is an ionic generating device, said ionic generating device being energized transmitting a voltage across said plurality of electrodes.

15

8. The sauna of claim 7, wherein said initial droplet size of each of said plurality of droplets traverses through said exhaust manifold, and wherein said voltage ionizes said plurality of droplets.

20

9. The sauna of claim 1, further comprising a nozzle, said nozzle being connected to said exhaust area for regulating and directing a flow of said vapor.

10. The sauna of claim 1, further comprising a mask connected to said exhaust area, said mask being sized to fit over an area of a user, said area of said user being selected from the group consisting of a user's mouth, a user's nose, a portion of a user's face, and any combinations thereof.

30

11. A hand held facial sauna for vaporizing a liquid

comprising:

5 a tubular shaped body having an exhaust area with an exhaust manifold, said tubular shaped body being connected to a mask, said tubular shaped body having a handle for grasping the hand held facial sauna in a comfortable manner;

10 a heater being in said tubular shaped body for changing a state of the liquid to a vapor, said heater being selected from the group consisting of a resistive foil heater, an applied conductive slurry, a conductive ink heater, a heater wire, a positive temperature coefficient ceramic heater, and any combinations thereof, said vapor  
15 having a plurality of water droplets, each of said plurality of water droplets having an initial droplet size; and

20 an ionic generating device being located adjacent to said exhaust area, said ionic generating device changing said initial droplet size from said initial droplet size to an optimal size.

25 12. The hand held facial sauna of claim 11, wherein exhaust manifold has a substantially circular shaped cross section, wherein said ionic generating device has a first electrode on an inner surface of said exhaust manifold and a second electrode on said inner surface and opposite from said second electrode, and wherein said first electrode has  
30 an opposite polarity with respect to said second electrode.

13. The hand held facial sauna of claim 12, wherein  
said ionic generating device generates a voltage, said  
voltage being provided across said first electrode and said  
second electrode in an arc, said vapor traversing between  
5 said arc.

14. The hand held facial sauna of claim 11, wherein  
said mask is shaped to fit over a user's face for  
inhalation of said optimal sized plurality of droplets.  
10

15. The hand held facial sauna of claim 11, wherein  
said plurality of droplets with said optimal size is finer  
relative to said vapor having said initial droplet size.

15 16. The hand held facial sauna of claim 15, wherein  
said plurality of droplets with said optimal size are  
charged and have a relatively smaller diameter than said  
vapor with said initial droplet size.

20 17. A hand held facial sauna for vaporizing water  
comprising:

a body having a reservoir with an inlet, said inlet  
being connected to a cap, said body having an outlet for  
25 releasing steam, said reservoir being connected to said  
outlet by a tube with an inner side, said reservoir  
insulating said body;

a boiler for heating the water in said reservoir, said  
30 boiler changing a state of the water in said reservoir to  
steam, the steam having a plurality of droplets, each of  
said plurality of droplets having an initial droplet size;

an ionic generator being connected to an electrode,  
said electrode emitting a voltage in an arc to said  
plurality of droplets, said voltage changing said initial  
5 droplet size in the steam exiting said outlet to an optimal  
droplet size, said optimal droplet size having a diameter,  
said diameter being relatively smaller than a diameter of  
said initial droplet size; and

10 a nozzle being connected to said outlet for spraying  
said optimal droplet sized droplets from the hand held  
facial sauna into a mask.

18. The hand held facial sauna of claim 17, further  
15 comprising a fan for traversing said steam from said  
reservoir to said outlet.

19. The hand held facial sauna of claim 17, wherein  
said voltage is about 1.5 kilovolts.

20

20. A hand held facial sauna for vaporizing a liquid  
comprising:

a body having a cylindrical reservoir in said body,  
25 said body having an inlet with a removable cap and an  
outlet for releasing a heated vapor, said cylindrical  
reservoir being connected to said outlet by a tube, said  
tube having an inner side, said body having a boiler  
therein;

30

a heater for heating the liquid in said boiler, said  
boiler being connected to said reservoir, said heater

changing a state of the liquid in said boiler to said heated vapor, said heated vapor having a plurality of droplets, each of said plurality of droplets having an initial droplet size; and

5

an ionic generator having a first electrode and a second electrode, said first electrode having an opposite polarity with respect to said second electrode, said first electrode emitting a voltage to said second electrode and to said plurality of droplets in said tube passing between said first electrode and said second electrode, said voltage changing a charge of said plurality of droplets passing between said first electrode and said second electrode, said charge changing said initial droplet size to an optimal droplet size, said optimal droplet size having a diameter that is relatively smaller than a diameter of said initial droplet size, said optimal droplet size being released in a mist into a mask that covers an area of a user's face.

20

25